

Manchester Healthy Food Access Plan Community Survey

Survey Background:

The community survey had 411 respondents from across the city of Manchester.

Surveys were distributed by the Manchester Health Department at a variety of public wellness events and digitally from August through October of 2022.

FOOD SYSTEM EXPERIENCES

1. Please select the top three places you get food.

- | | |
|---|---|
| <input type="checkbox"/> Cafeteria or dining service (school, workplace, hospital cafeterias, senior center, health care center, residential care facility) | <input type="checkbox"/> Grocery store (Market Basket, Wal-Mart, Aldi, Price Rite, Target, Hannaford, etc.) |
| <input type="checkbox"/> Dollar store (Family Dollar, Dollar Tree, etc) | <input type="checkbox"/> Grow your own, hunt, fish |
| <input type="checkbox"/> Farmers' market, farm stand, Community Supported Agriculture (CSA) program | <input type="checkbox"/> Meal or grocery home delivery (Meals on Wheels) |
| <input type="checkbox"/> Fast food restaurants (McDonald's, Subway, Dunkin' Donuts, etc.) | <input type="checkbox"/> Restaurant or diner (sit down, carry out or delivery) |
| <input type="checkbox"/> Food pantry or food bank | <input type="checkbox"/> Specialty food stores (ethnic markets, bakeries, etc.) |
| <input type="checkbox"/> Gas station or convenience store (7-Eleven, Cumberland Farms, etc.) | <input type="checkbox"/> Warehouse club (BJs, etc.) |
| | <input type="checkbox"/> Recover food from trash receptacles |
| | <input type="checkbox"/> Other (please write in) _____ |

2. Within the past 12 months I worried whether my food would run out before I got money to buy more OR my SNAP benefits ran out. Select one.

- ☐ Often
☐ Sometimes
☐ Never

3. Within the past 12 months, the food I bought ran out, and I didn't have money to get more. Select one.

- ☐ Often
☐ Sometimes
☐ Never

If you answered often or sometimes to either question above, please answer Questions 4-5 (if not, skip to Question 6):

4. How did the COVID-19 pandemic impact your ability to buy food? Select one.

- ☐ The pandemic made it more difficult for me to buy food.
- ☐ The pandemic made it easier for me to buy food.
- ☐ No change.

5. Please select the reason(s) that best describe why you or your household doesn't always have the kinds of food you want to eat. Select all that apply

- ☐ Not enough money for food
- ☐ Kinds of food we want not available in stores or pantries
- ☐ Not enough time for shopping or cooking
- ☐ Lack of cooking knowledge or skills
- ☐ Too difficult to get to the store
- ☐ On a special diet
- ☐ No kitchen equipment available to cook (stove, pots, knives)
- ☐ Not able to cook or eat because of health problems
- ☐ Not applicable
- ☐ Other (please write in) _____

6. In the past 12 months what resources have you accessed to get free or reduced cost foods? Select all that apply

- | | |
|---|---|
| <input type="checkbox"/> Families in Transition | <input type="checkbox"/> Senior Food Program (CSFP) |
| <input type="checkbox"/> Food for Children | <input type="checkbox"/> Supplemental Nutrition Assistance Program (SNAP) |
| <input type="checkbox"/> Boys & Girls Club | <input type="checkbox"/> Women, Infant, Children Program (WIC) |
| <input type="checkbox"/> Waypoint Youth/Young Adult Center | <input type="checkbox"/> School lunch/breakfast or feeding programs |
| <input type="checkbox"/> Meals on Wheels | <input type="checkbox"/> I do not have need for these resources |
| <input type="checkbox"/> The Caregivers NH | <input type="checkbox"/> Other (please write in) |
| <input type="checkbox"/> Other food pantries (add Food Bank?) | |
| <input type="checkbox"/> Double Up Food Bucks | |
| <input type="checkbox"/> Granite YMCA | |

7. If you are utilizing resources to get free or reduced cost foods, what days/times of operation would make them more accessible? Select all that apply

- ☐ Weekday mornings
- ☐ Weekday afternoons
- ☐ Weekday evenings
- ☐ Weekend mornings
- ☐ Weekend afternoons
- ☐ Home delivery any day of the week

8. If you are utilizing resources to get free or reduced cost foods and those foods are not meeting your family's needs, please select all reasons why.

- ☐ Foods do not align with my culture
- ☐ Foods are too difficult or time consuming to prepare
- ☐ Not enough fresh food offered
- ☐ Not enough kid-friendly food offered
- ☐ Other (please write in) _____

9. How far do you travel to get food/groceries?

- ☐ less than 1 mile
- ☐ less than 1-5 miles

- ☐ less than 5-10 miles
- ☐ more than 10 miles

10. When you travel to obtain food, what is your PRIMARY way of getting there and back? (select only one answer)

- ☐ Bicycle
- ☐ Manchester Transit Bus/ The Green Dash
- ☐ Car/personal vehicle
- ☐ Ride with a friend or relative
- ☐ Ride share service (i.e. Uber)
- ☐ Walk

11. What are the biggest challenges you face when traveling to get food? (only answer one question below based on your answer to Q10 above)

11a. When biking, (select all that apply)

- ☐ The distance to the store
- ☐ Because there is not a clearly designated bike route from my home to the store.
- ☐ Because I can only carry a limited amount of food.
- ☐ Because I don't feel safe biking in my neighborhood.
- ☐ Other (please write in) _____
- ☐ Not applicable.

11b. When riding the bus, (select all that apply)

- ☐ The distance to the store
- ☐ Because the bus stop is far from my destination.
- ☐ Because I can only carry a limited amount of bags onto the bus.
- ☐ Because I don't feel safe riding the bus.
- ☐ Other (please write in) _____
- ☐ Not applicable.

11c. When driving or riding with someone, (select all that apply)

- ☐ The distance to the store
- ☐ I can't pay for gas or ride fare.
- ☐ I share rides with others, which limits when I can go.
- ☐ It's hard to keep my car fixed up or to pay for needed repairs.
- ☐ Traveling to get food takes me away from my home/work.
- ☐ Other (please write in) _____
- ☐ Not applicable.

11d. When walking, (select all that apply)

- ☐ The distance to the store
- ☐ Because there are no sidewalks or they are uneven/incomplete.
- ☐ Because I can only carry a limited amount of food, making my trips more frequent.
- ☐ Because I don't feel safe walking in my neighborhood.
- ☐ Other (please write in) _____
- ☐ Not applicable.

12. Complete the following statements (check yes or no):

	YES	NO
I know how to cook		
I have enough space to cook		
I have the tools I need to cook (i.e knives, pots, pans, stove etc)		
I have enough time to cook		
I have a safe place to cook		

13. Complete the following statements (check yes or no):

	YES	NO
I currently garden and know how to grow food		
I participate in a community garden		
I raise animals in my yard (e.g., chickens).		
I know where the community gardens are in my community		
I currently hunt or fish for food		
I would like to learn more about how to grow/hunt/fish for my own food and regulations about these activities.		

14. What sources do you use to learn about food (i.e nutrition classes, diet info, cooking skills, gardening) in the City of Manchester? (Select your top 3)

- | | |
|---|---|
| <input type="checkbox"/> Radio | <input type="checkbox"/> The library |
| <input type="checkbox"/> TV | <input type="checkbox"/> UNH Cooperative Extension Nutrition Connection Program |
| <input type="checkbox"/> Print (Parenting NH) | <input type="checkbox"/> NH Food Bank - Cooking Matters |
| <input type="checkbox"/> Online news | <input type="checkbox"/> Granite YMCA |
| <input type="checkbox"/> Social media | <input type="checkbox"/> Food assistance programs (SNAP, WIC, etc) |
| <input type="checkbox"/> Twitter | <input type="checkbox"/> My religious/faith community |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Other (please write in) _____ |
| <input type="checkbox"/> Instagram | |
| <input type="checkbox"/> TikTok | |
| <input type="checkbox"/> SnapChat | |
| <input type="checkbox"/> From friends and family | |
| <input type="checkbox"/> City of Manchester Health Department | |
| <input type="checkbox"/> My doctor or health clinic | |

15. What would make you more likely to participate in food related programming (nutrition classes, cooking classes, gardening demos, etc.) Select all that apply

- ☐ Offered weekday evenings
- ☐ Offered weekend mornings
- ☐ Offered weekend afternoons
- ☐ Offered virtually
- ☐ Combine program with food or meal distribution
- ☐ Free childcare offered
- ☐ Other (please write in)

16. What is your biggest challenge to accessing community support for food such as free or reduced cost food or food related programming?

- ☐ Location
- ☐ Transportation
- ☐ Child Care
- ☐ Timing - services offered at inconvenient times
- ☐ Selection - services offered not what I am looking for
- ☐ Other _____

DEMOGRAPHICS

Your answers to the following questions will allow us to determine how the mix of survey respondents compares to the population of Manchester as a whole. These results will remain private and will not be shared.

1. What is the five digit zip code where you live?

- ☐ 03101
- ☐ 03102
- ☐ 03103
- ☐ 03104
- ☐ 03105

- ☐ 03108
- ☐ 03109
- ☐ 03111
- ☐ Other _____

2. What is your age? (only one answer)

- ☐ 19 or under
- ☐ 20-29
- ☐ 30-39
- ☐ 40-49
- ☐ 50-59
- ☐ 60-69
- ☐ 70-79
- ☐ 80 and over
- ☐ Prefer not to answer

3. What gender category do you identify with? (only one answer)

- ☐ Female
- ☐ Male
- ☐ Transgender
- ☐ Prefer not to answer
- ☐ Other

4. What is your ethnicity?

- ☐ White
- ☐ Hispanic or Latino
- ☐ Black or African American
- ☐ Native American or American Indian
- ☐ Asian / Pacific Islander
- ☐ Other _____
- ☐ Prefer not to answer

5. What languages are spoken on a regular basis in your household? (select all that apply)

- ☐ English
- ☐ Spanish
- ☐ French
- ☐ Swahili
- ☐ Kinyarwanda
- ☐ Nepali
- ☐ Other _____

6. What is the highest level of education you have completed?

- ☐ Less than a high school degree
- ☐ High school degree or equivalent
- ☐ Some college (1-4 years, no degree)
- ☐ Associate's degree (including occupational or academic degrees)
- ☐ Bachelor's degree (BA, BSc, AB, etc)
- ☐ Master's, Professional, or Doctorate degree
- ☐ Prefer not to answer

7. What is your current employment status?

- ☐ Employed - full-time, working at 1 position
- ☐ Employed - full-time, working at multiple positions
- ☐ Employed - part-time
- ☐ Unemployed

8. What health insurance coverage are you currently enrolled with?

- ☐ Medicare
- ☐ Medicaid
- ☐ Affordable Care Act
- ☐ Private health insurance through a current or former employer
- ☐ Uninsured
- ☐ Other _____

9. How many adults live in your household?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 or more

10. How many children live in your household?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 or more

11. What is your total household income in the last 12 months?

- ☐ Under \$20,000
- ☐ \$20,001 – \$40,000
- ☐ \$40,001 – \$60,000
- ☐ \$60,001 – \$80,000
- ☐ \$80,001 – \$100,000
- ☐ \$100,001 or over
- ☐ Prefer not to answer

Final Questions

1. What else would you like to tell us about your experiences here in our local food system?

2. Are you interested in learning more about Manchester's food system? Are you willing to give additional feedback at upcoming events?

If so, please provide your email address to Elaine Michaud at the Manchester Health Department emichaud@manchesternh.gov to receive information on future events.